

CEREAL Buy cereal in at least 11 oz box or bag. Whole Grain offers better nutrition. Consider selecting those products when buying WIC cereals

**Designates whole grain**







**Cream of Wheat** – 1, 2 ½ or 10 minute box of regular wheat, 2 ½ minute box Whole Grain Cream of Wheat Instant – 12 oz box of 12 – 1 oz packs  
Cream of Wheat Instant Healthy Grain – 12.7 oz box of 8 – 1.59 oz packs

**Cream of Rice**  
**General Mills** – Cheerios, Cheerios – Dulce de Leche, Multi-Grain Cheerios, Corn Chex, Rice Chex, Wheat Chex, Fiber One Caramel Delight, Fiber One Honey Clusters, Kix, Honey Kix, Wheaties, Whole Grain Total  
**Kellogg's** – All-Bran Complete Wheat Flakes, Kellogg's Corn Flakes, Crispix, Mini Wheats – Frosted Little Bites, Frosted Bite Size, Frosted Bite Size Touch of Fruit in the Middle – Mixed Berry, Frosted Big Bites, Unfrosted Bite Size, Rice Krispies, Rice Krispies – Gluten Free, Special K, Special K – Protein Plus  
**Malt-O-Meal** – Crispy Rice, Frosted Mini Spooners, Strawberry Cream Mini Spooners, Blueberry Mini Spooners, Honey and

Oat Blenders, Honey and Oat Blenders with Almonds  
**Post** – Banana Nut Crunch, Grape Nuts, Grape Nut Flakes, Bran Flakes, Honey Bunches of Oats – Almonds, Cinnamon Bunches, Honey Roasted, Vanilla Bunches  
**Quaker** – Life, Oatmeal Squares – Brown Sugar, Oatmeal Squares – Cinnamon, Instant Oatmeal – Regular in 12 - .98 oz packs, Original Instant Quaker Grits in Regular Box or 12 – 1 oz packs, Real Butter Instant Quaker Grits in 12 – 1 oz packs

**All Store Brands:**  
Corn Flakes  
Crisp Rice, Crispy Rice  
Toasted Oats, Tasteo's, Rollin Oats

**Remember:** Women need cereals high in folic acid. Folic acid helps prevent birth defects. Cereals with added pieces are not recommended for children under 3 yrs.



BREAD & OTHER GRAIN PRODUCTS

**Whole Wheat/Whole Grain bread, buns and rolls in 12-16 oz:**  
**Arnold or Orowheat** – 100% Honey Wheat or Multi-Grain Sandwich Thins  
**Bimbo** – 100% Whole Wheat Bread  
**Bunny** – 100% Whole Wheat Bread  
**Healthy Life** – 100% Whole Wheat: Soft Style ½ Loaf Bread, Soft Style Sandwich Buns, Soft Style Hotdog Buns  
**Merita** – 100% Whole Wheat Small Bread  
**Nature's Own** – 100% Whole Wheat: Bread with Honey, Hamburger Buns, Hotdog Buns, Sandwich Rounds  
**Pepperidge Farm** – 100% Whole Wheat: Very Thin Sliced Bread, Stone Ground Bread, Soft Hamburger Buns, Deli Flats  
**Roman Meal** – Sungrain 100% Whole Wheat Bread  
**Sara Lee** – Classic 100% Whole Wheat Bread, 100% Whole Wheat or Multi-Grain Thin Style Buns,  
**Wonder Bread** –100% Whole Wheat: Soft Bread, Hamburger Buns, Hotdog Buns

**Store Brands of 100% Whole Wheat Bread** – Best Choice, Bi-Lo, Food Lion, Great Value (Wal-Mart), Kern's (Food City), Kroger

**Tortillas in 12-16 oz:**  
**Chi Chi's** – Fajita Style Whole Wheat  
**Manny's** – Fajita Style Whole Wheat  
**La Banderita** – Fajita Whole Wheat, Soft Taco Whole Wheat, White Corn  
**Mission** – Whole Wheat, Yellow Corn Extra Thin

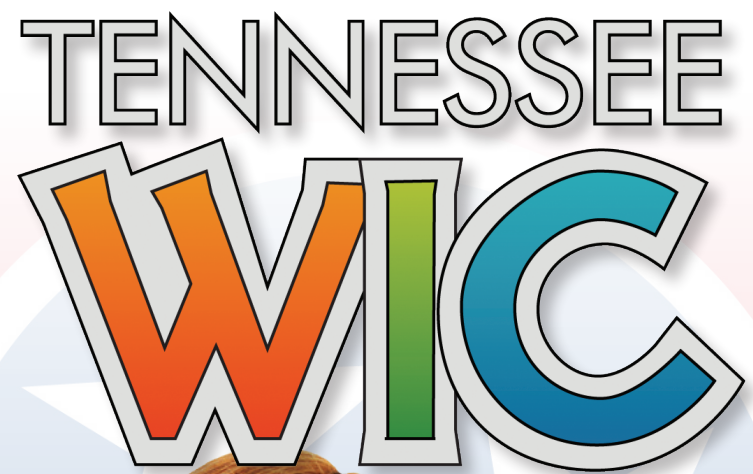
**Whole unprocessed grains in 12-16 oz packages:**  
Any brand of brown rice, bulgur (cracked wheat), oatmeal and whole grain barley

**Can Buy**  
Instant, quick or regular cooking

**Cannot Buy**  
Pearled barley  
Organic



APPROVED FOOD  
For Women & Children Ages 1 to 5








Effective Oct 1, 2012 - Sept 30, 2014

CASH VALUE VOUCHERS (CVVs)  
For Fruits & Vegetables


**Can Buy**  
Fresh whole or cut fruit without added sugars  
Frozen fruits without added sugars  
Fresh whole or cut vegetables without added sugars, fats, oils, herbs or spices  
Frozen vegetables without added sugars, fats, oils, breading, herbs or spices in regular or low sodium  
Orange yams and sweet potatoes in fresh or frozen  
Organic fruits and vegetables that meet the other requirements

**Cannot Buy**  
White potatoes  
Dried fruits or vegetables  
Pickled vegetables or olives  
Bundled herbs or spices  
Fruit/nut mixtures, fruit baskets, party trays, or anything from salad bars  
Baked goods (e.g., blueberry muffins)  
Ornamental or decorative items (e.g., chili peppers on a string or squash blossoms)


How to buy Up to 36 oz. of Cereal






= **36 oz.**



= **36 oz.**



= **31.5 oz.**



= **33.8 oz.**



MILK and MILK SUBSTITUTES

**Milk**  
**Can Buy**  
Gallon sizes of any brand in reduced fat, low fat, fat free or sweet acidophilus  
**Can Buy When on FI**  
Whole milk (1 yr olds only)  
Lactose reduced or lactose free in largest available size including quarts or half gallon  
Ultra High Temperature (UHT)  
Non fat dry powdered milk  
Goat’s Milk  
Evaporated milk  
Buttermilk

**Cannot Buy**  
Chocolate milk  
Non-dairy (except when soy beverage is on FI)  
Organic

**Remember: Reduced fat milk is not recommended for children under 2 years**

**Tofu**  
**Can Buy When on FI**  
The following products in 14-16 oz (including organic):  
**Nasoya** -- Firm, Extra Firm, Firm Tofu Plus, Silken

**Soy Beverage**  
**Can Buy When on FI**  
The following brands and flavors (including organic):  
**Pacific Natural** – Ultra Soy Original, Ultra Soy Vanilla (non-refrigerated quarts)  
**8th Continent** – Soymilk Original, Soymilk Vanilla (refrigerated half-gallons)

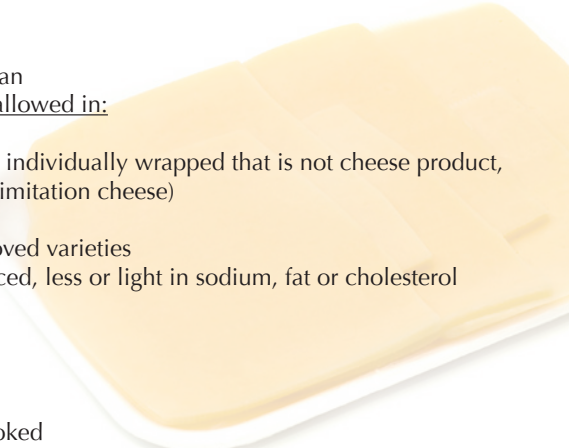


CHEESE

**Can Buy**  
8 or 16 oz packages of approved varieties in store brand unless store carries only dairy or national brands:  
(Only exception is Cabot brand in blocks when on FI)  
Mozzarella  
Cheddar  
Colby  
Monterey Jack  
Process American  
The above are allowed in:  
Block  
Slices (includes individually wrapped that is not cheese product, cheese food or imitation cheese)  
String or Sticks  
Blends of approved varieties  
Low, free, reduced, less or light in sodium, fat or cholesterol

**Cannot Buy**  
Shredded  
Cubed  
Imported  
Flavored or smoked  
With added ingredients or seasonings  
Imitation cheese  
Cheese products, foods or spreads  
Organic

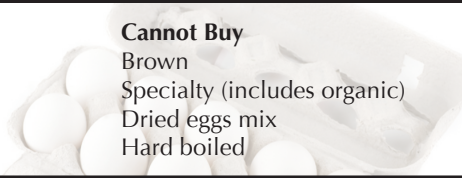
You must buy cheese from the dairy case unless sold only in store’s deli or cheese shop



EGGS

**Can Buy**  
One dozen carton,  
Large Grade A White

**Cannot Buy**  
Brown  
Specialty (includes organic)  
Dried eggs mix  
Hard boiled



DRIED BEANS, PEAS & CANNED BEANS

**Dried Beans and Peas**  
**Can Buy**  
Plain dry beans, peas or lentils in 16 oz bag

**Cannot Buy**  
With added seasoning  
Organic



**Canned Beans**  
**Can Buy**  
Plain beans in 15-16 oz cans including garbanzo beans/chick peas, crowder peas, and purple hull peas  
With added sugar  
With reduced sodium

**Cannot Buy**  
Green peas, green beans or wax beans  
With added meat, sauces, or spices  
Organic

JUICE



**For Women**  
46-48 oz can or plastic bottle in these varieties:  
Any brand of Orange or Grapefruit that says 100% juice and at least 120% Vitamin C  
**Campbell’s Tomato Juice** – Regular  
**Dole** -- Pineapple  
**Juicy Juice** – All flavors  
**Lucky Leaf** – Apple  
**Northland** – Cranberry  
**Red Gold** – Fresh Squeezed Tomato Juice  
**Seneca** – Apple  
**White House** – Apple  
**V-8 100% Vegetable Juice** – Regular, Essential  
Antioxidants, High Fiber, Low Sodium  
**Welch’s** – Grape, White Grape

11.5/12 oz frozen in these varieties:  
Any brand of Orange or Grapefruit that says 100% juice and at least 120% Vitamin C  
**Dole** – Pineapple  
**Old Orchard** – Apple  
**Seneca** – Apple  
**Welch’s** – Grape, White Grape  
**Welch’s White Grape Blends** – Cranberry, Peach, Pear, Raspberry



**For Children Ages 1 to 5**  
64 oz plastic bottle in these varieties:  
Any brand of Orange or Grapefruit that says 100% juice and at least 120% Vitamin C  
**Campbell’s Tomato Juice** – Regular, Low Sodium  
**Juicy Juice** – All flavors  
**Langer** – Apple, Pineapple  
**Lucky Leaf** – Apple  
**Mott’s** – Apple Original  
**Northland** – Cranberry, Cranberry/Pomegranate  
**Old Orchard** – Apple, Blueberry/Pomegranate  
**Seneca** -- Apple  
**V8 100% Vegetable Juice** – Regular, Low Sodium  
**Welch’s** – Grape, Red Grape, White Grape  
**White House** – Apple

**For All Juices:**  
**Can Buy**  
Calcium Fortified  
  
**Cannot Buy**  
Bottled or carton from dairy case  
Fruit drinks  
Juice cocktail  
Sweetened  
Organic  
With added spices

PEANUT BUTTER

**Can Buy**  
16-18 oz jars in glass or plastic  
Smooth or crunchy  
Refrigerated or non-refrigerated  
Regular or reduced sodium  
Added vitamins

**Cannot Buy**  
Reduced fat  
Peanut butter spreads  
Store ground  
With added jelly or honey  
Organic

**Remember: Peanut Butter not provided nor recommended for children under 3 yrs**

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CANNED FISH For Women Who Fully Breastfeed

**Can Buy**  
Chunk light tuna in 5-6 oz cans  
Pink or red salmon in 14.75 oz cans  
Sardines in 3.75 oz cans (may include tomato or mustard sauce)  
Any of the above may be:  
Any brand  
Oil or water packed  
With bones or skin  
Regular or low sodium

**Cannot Buy**  
Albacore tuna  
Smoked of any variety  
Organic of any variety

SOME WAYS OF BUYING FISH



6 cans of 5 oz tuna = 30 oz  
3 cans of 5 oz tuna + 1 can of 14.75 oz salmon = 29.75 oz  
4 cans of 3.75 oz sardines + 1 can of 14.75 oz salmon = 29.75 oz

